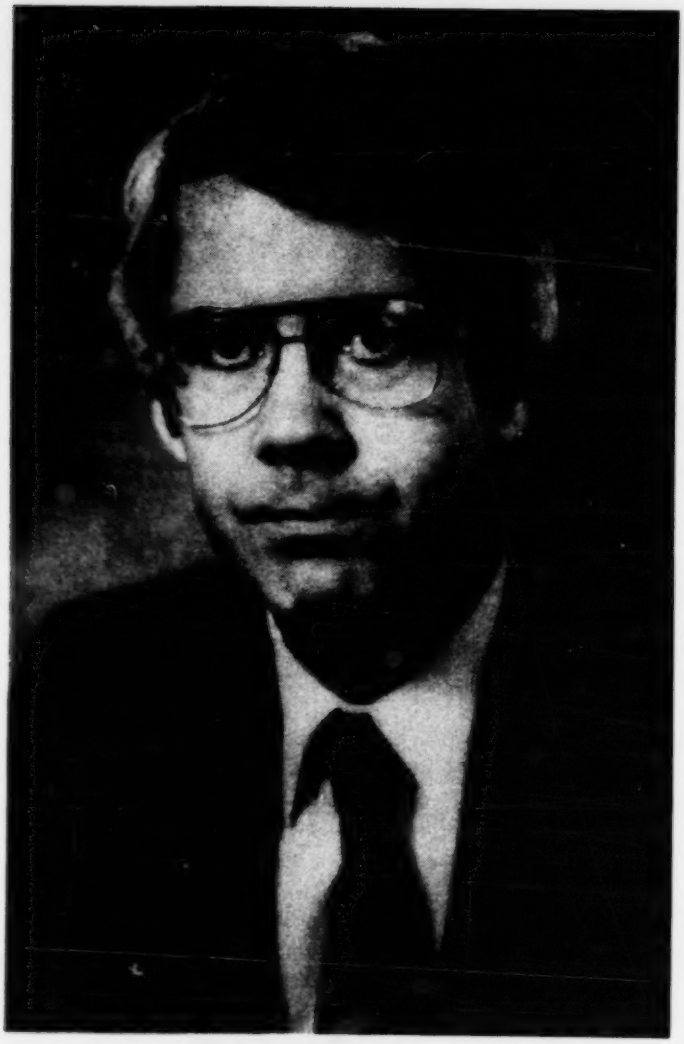
ADDICTION SERVICES

OF

PRINCE EDWARD ISLAND

ANNUAL REPORT

1984 - 1985



ALBERT P. FOGARTY

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DEPARTMENT OF HEALTH AND SOCIAL SERVICES

OFFICE OF THE MINISTER

Charlottetown
Prince Edward Island
March 31, 1985

The Honourable Lloyd MacPhail
Lieutenant Governor of Prince Edward Island

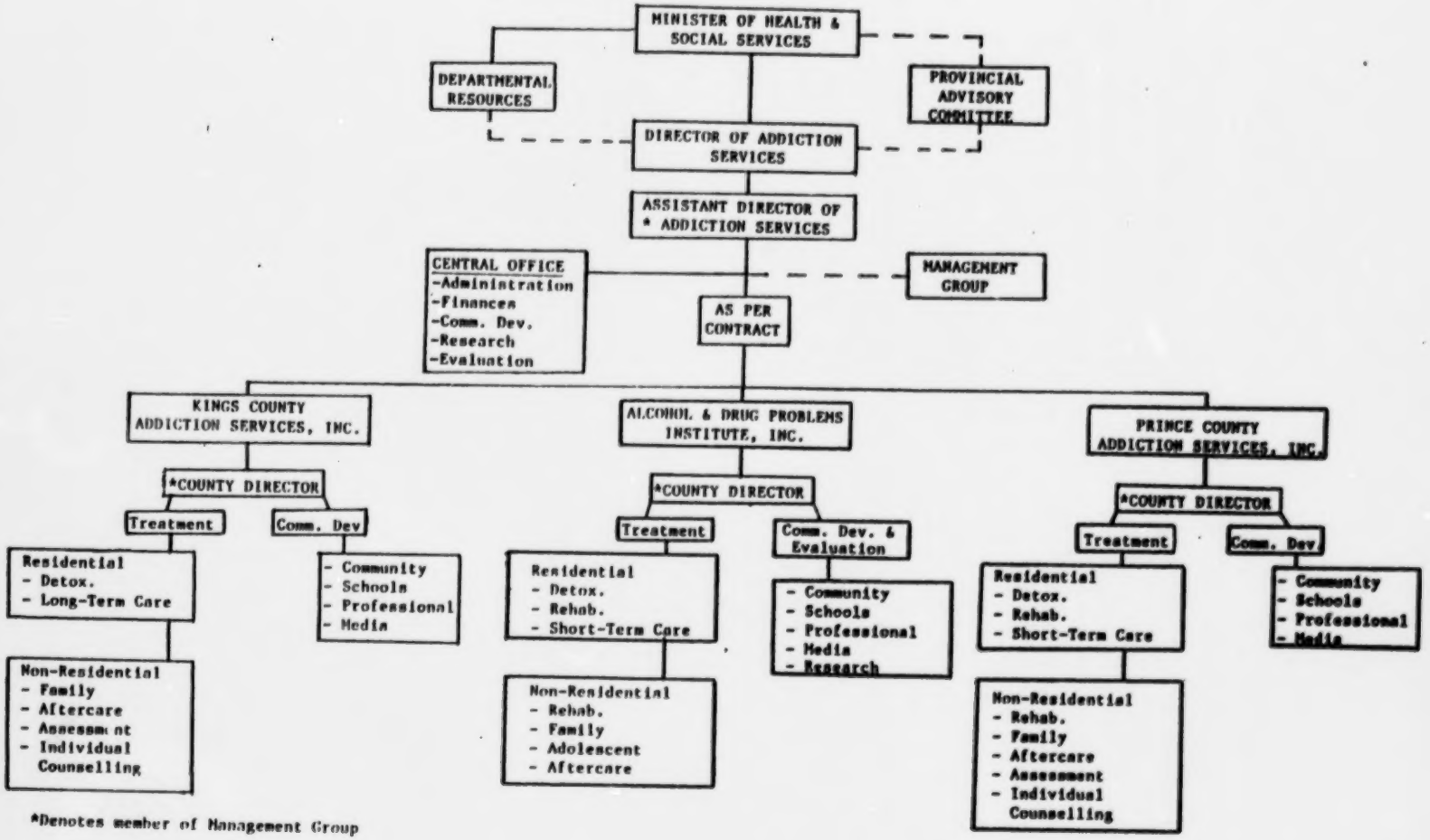
May It Please Your Honour:

I beg to submit, herewith, for your consideration the annual report of the Addiction Services of Prince Edward Island for the fiscal year ended March 31, 1985.

I have the honour to be,
Sir,
Your Obedient Servant,

Albert P. Fogarty
Minister of Health and Social Services
Minister Responsible for
Addiction Services of Prince Edward Island

P.O. Box 2000, Charlottetown, Prince Edward Island, C1A 7N8



*Denotes member of Management Group

ADDICTION ADVISORY COMMITTEE

APRIL 1, 1984 - JANUARY 31, 1985

Dr. Mark Triantafillou, Chairman

Dr. Sheldon Cameron

Mr. Fred Carver

Mr. Keith Cooke

Mr. Wendell Deagle

Mr. Peter Driscoll

Mr. Bernard McCabe

Mr. Hillard MacKinnon

Mrs. Lois Morris

Mrs. Beatrice Reeves

Mr. Neil Young - Addiction Services of P.E.I. Representative

ADDICTION ADVISORY COMMITTEE

FEBRUARY 1, 1985 - MARCH 31, 1985

Dr. Mark Triantafillou, Chairman

Mr. Peter Driscoll

Dr. Leo Killorn

Mr. Wilber Lamont

Mr. Peter McQuaid

Mr. Alan Nicholson

Mr. Maynard Schurman

Mr. Neil Young, Addiction Services of P.E.I. Representative

CENTRAL OFFICE

P.O. Box 37
McGill Avenue
Charlottetown, P.E.I.
C1A 7K2

TELEPHONE: 892-4265

CENTRAL OFFICE

The general mandate of Central Office, Addiction Services of Prince Edward Island is to establish guidelines and engage in an ongoing monitoring and evaluation process with the contracted County agencies; to be responsible for the development and implementation of research and evaluation programs of a Provincial nature; to coordinate training and prevention programs as requested by the Counties; and to oversee the management of financial matters in consultation with the County agencies.

The Provincial Advisory Committee, chaired by the Director of Addiction Services, advises the Minister in matters of a Provincial nature. This Committee, which was reorganized in February of this fiscal year, consists of the Director of Addiction Services, the Assistant Director of Addiction Services, the Presidents of the three County Boards, and a community representative of each of the Counties.

The staff of Central Office is under the Director of Addiction Services who reports directly to the Minister. The Director is the Provincial representative on the federal-provincial "Sub-Committee on Alcohol and Other Drug Problems" and the regional group of the four Directors of Addiction agencies in the Atlantic Provinces. The Assistant Director consults with the three County Directors to discuss common concerns and possible joint ventures. The Assistant Director supervises the Central Office staff in their efforts to carry out their mandate.

To better serve the needs of the chemically dependent person and/or their families, the staff of Central Office works closely with Kings County Addiction Services, Alcohol & Drug Problems Institute and Prince County Addiction Services which each operate under the direction of a Board which sets policy, allocates funds and hires a County Director to administer programs, continue to develop, implement and maintain community development and treatment programs as required in the contracts signed with Government.

PROVINCIAL COMMUNITY DEVELOPMENT/PREVENTION PROGRAMS

Provincial Community Development/Prevention programs are co-ordinated by the Community Development Coordinator, Central Office, who works on a consultation basis with County personnel. Co-operative regional programs are initiated at this level. During this fiscal year, Addiction Services was involved in the Canadian Addictions Foundation Regional Conference held in Halifax, Nova Scotia in May and the fourth annual Atlantic Drug Awareness Week held the third week in November.

In addition to attending the Regional Canadian Addictions Foundation Conference in Halifax, the staff of Central Office and the other County Agencies received training in addictions counselling from Jack Blanchard, Student Services, U.P.E.I. In cooperation with the Staff Development and Training Branch of the P.E.I. Civil Service Commission, a workshop on intervention was conducted for Addiction Services staff and managerial staff of Provincial Government Departments by Gary Bowman of the Johnson Institute, Minneapolis, Minnesota.

The Central Office Community Development Coordinator met on a regular basis with the Education Coordinator of each of the three County agencies in order to coordinate their efforts in presentation of materials to the school students of the three Counties as well as working together on various other matters of a provincial nature. An important function of the Committee was the cooperative effort in the organization and presentation of events and advertising during Drug Awareness Week '84. A highlight of Drug Awareness Week '84 was the opening dinner attended by approximately 200 persons. At this dinner, Sister Mary Henry was honoured for her early efforts in the field of addictions which helped lead to the establishment of services and facilities for the addicted person in Prince Edward Island

A literature supply was maintained by Central Office and new material distributed to the County agencies as well as to the general public. Central Office participated in the Law Day display and the mini Health Fair during this fiscal year.

A number of information/training sessions presented to various groups, particularly those in the health related fields, were initiated by Central Office. The presenters in these sessions were various staff members of Kings County Addiction Services, Alcohol & Drug Problems Institute, and Prince County Addiction Services.

INFORMATION/TRAINING SESSIONS COORDINATED BY CENTRAL OFFICE

Number of Sessions	-	40
Attendance at Sessions	-	787
Number of Individuals	-	425

KINGS COUNTY ADDICTION SERVICES

Breakwater Street
P.O. Box 100
Souris, P.E.I.
C0A 2B0

TELEPHONE: 687-2150

BOARD OF DIRECTORS
KINGS COUNTY ADDICTION SERVICES
APRIL 1, 1984 - MARCH 31, 1985

Mr. Peter McQuaid, Chairman

Mr. Louis Callaghan

Sr. Elizabeth Dunn

Mr. Roddie MacLeod

Mr. Joseph MacKinnon

Mr. Allen MacPhee

Fr. Mervyn McNally

Fr. Edwin Steele

Mrs. Marjory Tattrie

Mr. George Whiteway

MANAGEMENT PERSONNEL

Mrs. Peggy MacInnis	Kings County Director
Miss Maureen McIver, R.N.	Nursing Supervisor
Mr. Blaine Peters	Education Worker
Dr. Don Vickerson	Medical Consultant

DETOXIFICATION PROGRAM

The Detoxification Unit is located on Breakwater Street in Souris. It is a 12-bed facility with 10 beds for males and 2 for females. The average length of stay is 5-7 days for alcohol withdrawal and up to 21 days for withdrawal from other drugs such as prescribed medication.

Our overall objectives at the Detox. continue to be the same:

(1) Detoxification
(2) Identification and Motivation
(3) Providing supportive counselling to sober clients in relapse.

This past year has seen a lot of changes in the detox. area, especially in the physical structure. Female clients now enjoy the privacy of their own bathroom. The third floor has been renovated allowing for office space, client lounge, bathroom and storage room areas. A large office on the first floor has been divided into two smaller ones with one office available for clients to meet in private with their families, clergy, etc. or for non-residents to meet with staff for counselling. The mobile classroom, attached to the Detox., is now completely operational. It is being fully utilized for detox. day sessions as well as evening aftercare, follow-up and A.A. meetings.

All these renovations have had a very positive effect on the various programs conducted at the Detox. in terms of space, privacy, and less distraction not only for the clients but also for the staff.

STATISTICAL SUMMARY

Total Number of Admissions	535
Total Number of Male Admissions	514
Total Number of Female Admissions	21
Total Number of New Admissions	71
Total Number of Individuals Admitted	261
Total Number of Male Individuals	245
Total Number of Female Individuals	16
Average Age	44.1 years (Male)
	41 years (Female)
Average Length of Stay	5 days (Male)
	5.5 days (Female)
Residential Individual Counselling Sessions	561

NON-RESIDENTIAL SERVICES

The following services are provided on a non-residential basis by Addiction Workers: Individual Counselling, Follow-up, Aftercare, Group Therapy and Assessment Interviews.

STATISTICAL SUMMARY

Follow-Up

Number Group Sessions	46
Number in Attendance	516
Average Group Size	11

Aftercare

Number Group Sessions	64
Number in Attendance	526
Average Group Size	8

Non-Residential

Number Counselling Sessions	561

Highway Safety Division Assessments

Number of Assessments	17

COMMUNITY DEVELOPMENT

In October, 1984 Blaine Peters was hired on a temporary basis to provide programs to the schools and communities in an effort to raise the level of public awareness regarding chemical dependency.

STATISTICAL SUMMARY

Number of Classroom Sessions	19
Total Number Attending	570
Number Teacher/Principal Sessions	20
Total Number Attending	20
Number of Community Sessions	5
Total Number Attending	112
Number of Youth Groups	1
Total Number Attending	100
Number of Professional Groups	2
Total Number Attending	2

LONG-TERM CARE CENTRE

The 10-bed Long-Term Care facility in Georgetown continues to accommodate people from all three Counties who suffer from chronic chemical dependencies. The length of stay varies with the individual needs of the client.

The Georgetown House continues to operate with a supervisor and two attendants who cover the evening and week-end shifts. A night watchman, hired under the Job Creation Program, is on duty from 12:00 a.m. until 8:00 a.m. to make regular rounds inside and outside the house in an effort to protect the property against fire or vandalism.

A program is conducted daily which consists of group discussion, individual counselling, films, life skills, residential and community A.A. After a suitable period of time, when residents are adjusted to the Long-Term Care Program, they are encouraged to seek employment. During the 1984-85 fiscal year, 57.5 percent were gainfully employed.

STATISTICAL SUMMARY

Total Number of Admissions	51
Total Number of Individuals	40
Average Length of Stay	40 days
Average Age	48.8 years
Occupancy Rate	68%
Total Number Days Stay	2,472

INFORMATION AND DROP-IN CENTRE

The Information and Drop-In Centre in Montague continues to be staffed on a daily basis by a receptionist, hired under the Job Creation Program. Video and cassette tapes are used in the daily information presentations on alcohol and other drug use.

Other programs conducted by an Addiction Worker are weekly Family programs, Follow-up, Aftercare, individual counselling and assessment interviews for Highway Safety.

The Education Officer also uses the Centre for presentations to youth groups, women's groups and other community organizations.

Current material on alcohol and other drugs may be picked up from the display racks.

The Kings County Addiction Auxiliary continues to provide educational material for use in the various programs.

STATISTICAL SUMMARY

Number of visits	1,662
Number of Individuals	774

FAMILY INFORMATION PROGRAM

This program consists of films, lectures and group discussions and recycles every seven weeks. Although this program is intended for family and friends of chemically dependent persons, any interested person may attend.

Those attending are encouraged to become involved with the Alanon program and are offered a contact. Our goal is to have full involvement of the family in the treatment process. However, our efforts are hampered by the fact that we do not have the services of a Family Counsellor. This work is being shared in part by an Addiction Worker, Nursing Supervisor and County Director.

A full-time Family Counsellor is needed in this County as much more work needs to be done in this very important area of our services.

STATISTICAL SUMMARY

Number of Group Sessions	35
Number in Attendance	299
Family Counselling Sessions	227

STAFF DEVELOPMENT

The staff of Kings County Addiction Services were given the opportunity to attend:

- Counsellor training sessions coordinated by Central Office
- Course on Family Intervention coordinated by Central Office
- Workshop of Family Violence, Department of Justice
- All staff recertified in Cardio Pulmonary Resuscitation

QUEENS COUNTY ADDICTION SERVICES

McGill Avenue,
P.O. Box 1832,
Charlottetown, P.E.I.,
C1A 7N5

TELEPHONE: 892-4265

BOARD OF DIRECTORS
ALCOHOL AND DRUG PROBLEMS INSTITUTE
APRIL 1, 1984 - MARCH 31, 1985

Dr. Leo Killorn, President
Mr. Jack Blanchard
Mr. Jim Brady
Mr. Joe Dorsey
Dr. Raymond Grant
Mrs. Helen Killorn
Ms. Gladys MacMillan
Mr. Mike O'Brien
Mr. John Richard
Mr. Albert Ross
Dr. Ben Spears - Became Honorary Member July 1984
Rev. Susan Triantafillou - Became a Member September 1984
Mr. Gordon Tweedy
Mr. Freeman Whitty

MANAGEMENT PERSONNEL

Dr. Leo Killorn	Queens County Director Medical Consultant
Sister Bertha McCarthy	Nursing Supervisor Detoxification Unit
Mr. Frank Blackett	Food Service Manager
Mr. Peter MacLean	Manager, Halfway House

OVERVIEW OF 1984-85

During the fiscal year 1984-85 there was no major change in the basics of the major programs which are being presented by the Alcohol and Drug Problems Institute through Queens County Addiction Services. These programs continue to be consolidated and improved by the mechanism of continuous monitoring on a weekly basis by the Director and staff. No programs were discontinued and expansion occurred in several previously developed programs in the Non-Residential Division, most particularly related to children of alcoholics. In addition to the regular intake from community resources, the Institute agreed to absorb referrals from the Highway Safety Division of persons with three or more impaired driving convictions. These referrals began on a semi-organized basis the first of January 1985.

The programs presently functional to provide services to alcoholics and other chemically dependent persons as well as their families include the following:

1. Residential Detoxification Program;
2. Residential Rehabilitation Program;
3. Residential Assessment Unit;
4. Residential Halfway House;
5. Non-Residential Services including the following:
   (a) Non-Residential Rehabilitation Program
   (b) Non-Residential Family Program
   (c) Adolescent Treatment Program
   (d) Children of Alcoholics Program
   (e) Parents' Program
6. Aftercare Programs
7. Parole Program
8. Impaired Driver Program
9. Public Relations and Information Program, including school programs
10. Sleepy Hollow Correctional Centre Program

In this report, the statistical summaries of each of these Departments and programs for the year 1984-85 will be presented, along with comparisons with the previous year.

Because of the continuing restraint program, it was not possible to engage in any new initiatives, other than those mentioned, and the continuing demand on the services was carried on in an effective and an efficient manner by the existing staff.

The services continued to use the same format which had been developed over the past several years for all chemically dependent persons, namely:

(a) Residential or Non-Residential Detoxification when necessary - Phase I

(b) Residential or Non-Residential Rehabilitation, three weeks - Phase II

(c) Aftercare, six months to one year - Phase III.

Since the philosophy of the services are all predicated on assisting the chemically dependent person to attain and maintain abstinence from their drug of choice, whether this be alcohol, sedative drugs, marijuana, or others, our relationship with the self-help groups in the community is of primary importance. We continued to have an excellent liaison with Alcoholics Anonymous, the Alanon Family Groups, and Alateen, during the fiscal year 1984-85. We also continued the previously developed relationships with the Department of Social Services, the Department of Justice, the Mental Health System, including psychiatric consultations when necessary, the Provincial and Federal Employment Centres, and the Unit III School System, most particularly the Guidance Counsellors in the various educational institutions.

During the year, all of the employers in the Queens County area cooperated fully in the treatment of their employees by providing them with time off work to engage in our program. There was also a frequent relationship with the Emergency Department of the Queen Elizabeth Hospital, in that referrals were accepted from this area by physicians to either the Assessment Unit or the main Detoxification Unit. Many of the persons now certified under the Mental Health Act are referred through the Emergency Department of the Hospital. We also had excellent cooperation when residents of the Treatment Centre became acutely ill with major physical complaints and were referred to the Emergency Department.

During the year, through remodelling a small segment at the back of the building, the main entrance was changed from McGill Avenue to the rear of the Sanatorium. This changeover was made as a result of complaints from residents in the area and the change appeared to satisfy the majority of the complaints which we had received.

RESIDENTIAL DETOXIFICATION UNIT - PHASE I

This Unit was transferred to the east wing of the Dr. Eric Found Health Centre on McGill Avenue in November of 1983, as a section of the new Alcoholism Treatment Centre. The Unit continued to consist of 22 beds which could be utilized by either 14 or 16 males or 6 or 8 females (2 beds being interchangeable). The Unit is staffed by a Registered Nurse Supervisor and Registered Nurses on a twenty-four hour basis, along with Attendants. The Unit as a whole is under the coordination of a physician who functions in collaboration with the nursing staff to provide adequate and smooth detoxification of clients from alcohol, sedative drugs, and marijuana, as well as any other chemicals the client may have been utilizing.

In addition to the detoxification function, the nursing staff assesses the client from a psychological and social standpoint, and functions as well to motivate the client towards further treatment by means of individual counselling, daily group discussion sessions, and audio-visual presentations.

The Registered Nurse on duty is responsible for admissions to the Unit while the discharges from the Unit are the responsibility of a staff meeting which is held daily and includes the Supervisor of the Unit, the physician responsible for the Unit, and the therapy staff.

One of the major functions of the nursing staff of the Unit is to serve as a liaison between the client and the various community elements that may be involved in his or her care, such as family, employer, Social Services, Justice Department, etc.

During the year 1984-85, there continued to be a fairly large percentage of our clients admitted on a compulsory basis, although the majority were still voluntary. The involuntary or compulsory group consisted of referrals under the Mental Health Act, from the Parole System, from Social Services, and from employers.

The number of admissions to the Unit during the year remained extremely stable compared to the previous two years. There were 798 total admissions for an average number of monthly admissions of 67. Of these admissions an average of 23 persons per month were new admissions, for a total of 276 during the year. This percentage of admissions was one-third of our total admissions, which is felt to be quite adequate.

The percentage of male admissions had decreased slightly compared to the previous year from 84 percent to 81 percent, and the number of female admissions had, therefore, increased to 19 percent of the total. The number of female admissions was 152.

The average length of stay in the Detoxification Unit was approximately 7 days, although those females who were continuing with the Residential Rehabilitation Program remained on the Detoxification floor.

During the year the total number of admissions to the Detoxification Unit who continued with the Rehabilitation Program residentially were 355, for a percentage of 44. This is considered to be an excellent retention rate and is a credit to the nursing staff of this Unit. The average monthly number referred to Phase II was 30, compared to 26 for the previous year.

The average age of admissions remained stable, being approximately 40 years of age (42 years for males, and 39 years for females).

The total number of persons certified under the Mental Health Act had decreased somewhat from 98 the previous year to 84 during this year, with an average monthly certification number of 7 and a percentage of our total admissions through this mechanism being still around 10 percent.

The number of admissions to this Unit who were found to be dependent on Cannabis had increased dramatically from 112 the previous year to 269 during the year 1984-85.

The total number of employer clients in the program was 55, including both residential and non-residential.

During the last quarter of the year we found that the number of admissions of clients who were dependent on sedative drugs had decreased from our previous experience.

The nursing staff continued to carry out urinary assays on clients for benzodiazepines and cannabis on a regular basis. These assays are carried out on admission on selected clients and if found positive, the client is monitored for these materials during their stay at the Treatment Centre. We also utilize the assay to detect breaches of the regulation that the resident must not use these chemicals while in the Treatment Centre.

During the year the major change in the staff of the Detoxification Unit was the resignation of Rose Roach, R.N., who transferred to the Department of Veterans Affairs, with her position of day-shift Nurse being filled by Jeanette Pirkey, R.N., who had functioned as a Night Nurse for the previous twelve years.

STATISTICAL SUMMARY

	1983-84	1984-85
Total Number Admissions	787	798
Total Number Male Admissions	662	646
Percentage of Male Admissions	84%	81%
Total Number Female Admissions	125	152
Percentage of Female Admissions	16%	19%
Average Number Monthly Admissions	66	67
Average Number Monthly New Admissions	21	23
Average Length of Stay - Males	6 days	6 days
Average Length of Stay - Females	10 days	7 days
Total Number Referred to Phase II	311	355
Percentage of Total Admissions to Phase II	40%	44%
Average Monthly Referred to Phase II	26	30
Average Age - Males	42 years	42 years
Average Age - Females	41 years	39 years
Total Number of Persons Certified	98	84
Average Monthly Certifications	8	7
Total Number Social Service Referrals (Residential)	113	72
Number Admissions Dependent on Cannabis	112	269
Total Number Employer Clients (Residential and Non-Residential)		55

RESIDENTIAL REHABILITATION PROGRAM - PHASE II

This Unit functioned in the new Alcoholism Treatment Centre on McGill Avenue and consisted of 16 beds, all of which were male. The length of stay recommended for persons in this program remained at 21 days, or approximately three weeks. All admissions to the Unit continued to come through the Detoxification Unit, and those who were referred directly for rehabilitation were observed for 48 hours in the Detoxification Unit before transfer. The staff of this Unit continued to consist of two senior Residential Therapists during the day as well as an evening Therapist and an evening and weekend relief Therapist. The occupancy rate for this Unit was approximately 80 percent during the year.

There was a marked increase in the number of admissions to the residential Phase II program in 1984-85, namely from 311 to 361, of which 70 or approximately 20 percent were females. The average monthly admissions increased from 26 to 30. The average age of persons in the Residential Rehabilitation Program was much lower than that of the Detoxification Unit, with the average male age being 36 years and the average female age being 31 years. The average length of stay was 18 days.

During the year we continued to accept referrals from the Kings County Detoxification Unit in Souris to this segment of the program. During the year there were 41 transfers from the Souris Detox. to our rehabilitation program.

During 1984-85 there were 33 parole referrals from the Federal Justice System for rehabilitation.

The program for clients in this segment of the program consists of an informational session at the non-residential facility during the morning for two hours. Clients are transported to this Unit via van. An afternoon group therapy session is conducted by the senior Addiction Therapists and an additional program is presented in the evening by the evening and/or weekend Therapist. In addition, an Alcoholics Anonymous meeting is presented at the Non-Residential Unit on Beach Grove Road each Saturday night by community members of Alcoholics Anonymous, an A.A. group presents a discussion session with the residents each Tuesday night, and on other evenings following the evening session they are encouraged to attend Alcoholics Anonymous groups in the community.

Residents remain in the Unit during their entire three-week program and over-night or weekend leaves are not permitted. The program is continued through the weekend by the weekend Addiction Therapist.

The major objectives of this segment of the program are to provide the person with an adequate identification as an alcoholic and/or chemical addict, provide them with self-directed motivation towards a long-term recovery program, provide them with insight into the nature of their disease and the consequences thereof, and to encourage and direct them to a long-term recovery program which includes the use of Alcoholics Anonymous and/or Narcotics Anonymous in the community.

The major change in the staff of this Unit was the addition of Damien Dunsford as a senior day Therapist. Mr. Dunsford completed a six-month training program at Chit Chat Farms in Wernersville, Pennsylvania and had functioned as a Non-Residential Therapist before transfer to the Residential Rehabilitation Unit.

STATISTICAL SUMMARY

	1983-84	1984-85
Total Number Admissions	311	361
Total Number Male Admissions	256	291
Total Number Female Admissions	55	70
Average Monthly Admissions	26	30
Average Age - Male	35 years	36 years
Average Age - Female	36 years	31 years
Average Length of Stay - Males	17 days	17 days
Average Length of Stay - Females	20 days	18 days
Total Number Admissions from Parole System		33
Total Number Referrals from Kings County		41

RESIDENTIAL ASSESSMENT UNIT - POLICE UNIT

This Unit is operative on the first floor of the Alcoholism Treatment Centre on McGill Avenue and consists of eight beds, all of which are male. It is staffed by a Supervisor who also functions as a Therapist and non-professional Attendants. The staff of the Unit is in continual contact with the nursing staff in the Detoxification Unit and the Nurse visits the Unit on a regular basis during her shift to provide medical assessment as well as detoxification medication, when required.

The purpose of the Unit is to provide short-term care for persons brought to the Centre by the Charlottetown Police or the R.C.M.P. in Queens County, as well as to accept referrals from the Out-Patient Department of the Queen Elizabeth Hospital. It also functions to provide a short-term detoxification for persons who decline to remain for an adequate period in the major Detoxification Unit. Admissions to the Unit are either brought by the police or screened through the nurse in charge in the Detoxification Unit. There is one person on duty in this Unit during each eight hour period. Persons brought to the Unit by the police who, because of aggressive type of behavior which cannot be handled in the Unit, are transferred to Sleepy Hollow Correctional Centre. Persons admitted to the Unit who are found to be acutely ill by the nurse on duty are transferred to the Detoxification Unit.

Once again, we want to reinforce the importance of this Unit to the total functioning of Queens County Addiction Services. It not only prevents the Detoxification Unit from becoming a revolving door type of operation, but provides a much needed service to the community, most specifically the Police Department and the Out-Patient Department of the Queen Elizabeth Hospital. The staff in the Unit, in conjunction with the nursing staff, form an excellent service in the smooth functioning of this Unit.

The number of admissions to this Unit increased to 1,643 during the year 1984-85 with the total number of individuals being accepted as 763. The average number of monthly admissions increased from 108, therefore, to 137, an increase of 27 percent without any increase in staff.

The total number of police referrals was 1,711 and the total number of non-police referrals was 434. The number transferred to Sleepy Hollow Correctional Centre, because they could not be handled in the Unit, was 716, and the number referred for further treatment was 186 as compared to 196 the year before. The average length of stay in this Unit was 1.5 days. The maximum length of stay permitted in the Unit was 3 days, although some remained longer than this period for varying reasons, while others left after only a few hours. The majority stayed at least overnight.

STATISTICAL SUMMARY

	1983-84	1984-85
Total Number of Referrals	1,918	2,174
Total Number Accepted	1,298	1,643
Total Number Individuals Accepted	804	763
Average Monthly admissions	108	137
Total Number Police Referrals	1,525	1,711
Total Number Non-Police Referrals	393	434
Total Number Transferred to Sleepy Hollow Correctional Centre	702	716
Number Referred to Further Treatment	196	186
Average Length of Stay		1.5 days

RESIDENTIAL HALFWAY HOUSE - TALBOT HOUSE

There was no change in the functioning of the Queens County Halfway House during 1984-85 except that the population became somewhat younger due to the fact that there were 33 persons admitted to the Halfway House under the Parole Services, compared to 11 during the previous year. Despite this, the average age of residents was 40 years. The Aftercare group which had been started the previous year continued and was eventually split into two groups because the large size of a single group made it inefficient.

The staffing of the Halfway House continued as in previous years, with a Manager, who also functioned as an alcoholism Therapist during the day, and 24 hour coverage being provided by lay Attendants as well as a Cook being present for five days a week. The cooking was done by the residents during the weekends.

The number of beds in this facility is 20, all of which are designated as male. The occupancy rate remained around 80 percent. The recommended length of stay, which had been decreased to two months the previous year, was maintained at this level.

The number of admissions to the Halfway House during the year increased slightly from 147 the previous year to 155 during 1984-85, while the total individuals served decreased from 125 to 116 during 1984-85. The average length of stay of persons in this facility was 33 days.

All referrals to this Unit are from the Alcoholism Treatment Centre, either from the Assessment Unit, the Detoxification Unit, or the Rehabilitation Unit. We have experienced difficulty in the past in accepting persons for admission to the Talbot House directly from the community or directly from another facility, and have found it much more effective to have them assessed by our own staff before admission.

The statistics for this Unit have been relatively stable for the past four years since this Unit was established at 205 Kent Street in Charlottetown.

STATISTICAL SUMMARY

	1983-84	1984-85
Total Number Admissions	147	155
Total Number Individuals Served	125	116
Occupancy Rate	83%	80%
Average Length of Stay	39 days	33 days
Average Age	36 years	40 years
Total Number from Parole System	11	33

NON-RESIDENTIAL REHABILITATION PROGRAM

The Morning Orientation or Non-Residential Rehabilitation Program continued as it had in previous years and consisted of a three-week two-hour daily session in the morning at the Beach Grove Road facility. Those attending the sessions consisted of the persons in the Residential Rehabilitation Program as well as non-residents engaging in the Non-Residential Rehabilitation Program. The sessions are also used for staff training.

The total number of non-residents engaging in the program increased from 200 the previous year to 276 during 1984-85, which was an increase of 38 percent. The average number of monthly admissions increased from 17 to 23, combined with the average number of monthly residential clients, namely 30, this meant that approximately 53 people per month were engaging in this segment of the program. The total number of persons, therefore, who engaged in the Residential Rehabilitation Program plus the Non-Residential Rehabilitation Program during 1984-85 was 637. The average age of persons engaging in this Non-Residential Program was 41 years.

The staff presenting this program consisted of two senior Addiction Therapists, who not only presented this program, but also assess all admissions to this program, and provide continuing aftercare assessments as well as reports on employer clients, Social Service clients, and Highway Safety Division referrals. They also serve as the intake staff for community persons or groups requesting assistance with drinking problems. The number of persons referred by employers during the year 1984-85, including those who were treated either as residential clients or non-residential clients was 56. The total number of Social Service referrals was 65. The number of females engaging in the Non-Residential Program had decreased slightly during this fiscal year.

STATISTICAL SUMMARY

	1983-84	1984-85
Total Number Admissions (Residential)	311	361
Total Number Admissions (Non-Residential)	200	276
Total Number Engaging in Program (Residential and Non-Residential)	511	637
Average Monthly Admissions (Non-Residential)	17	23
Total Number Employer Referrals	43	56
Total Number Social Service Referrals (Non-Residential)	59	65
Average Age (Non-Residential)	38 years	41 years

NON-RESIDENTIAL FAMILY PROGRAM

This service was conducted from the non-residential facility on Beach Grove Road in Charlottetown during the year 1984-85 and although the major portion of the service remained essentially unchanged, there were two major additions to the program. These were an aftercare group for spouses who had engaged in the Family Orientation Program, and a Children of Alcoholics Program to run concurrently with the weekly Family Orientation Sessions. The major programs were conducted and supervised by one Family Therapist on the staff of Queens County Addiction Services, who was assisted by other staff members and volunteers. The Family Orientation or Information Sessions which were presented on a once-weekly basis for two hours for ten consecutive weeks, continued with the same format as previously. Four of these ten-week sessions were presented during 1984-85.

At the same time that the Family Orientation Program was being presented, a concurrent program was presented for the children of those participating in this program. These children ranged in age from 7 to 13, and this segment of the program was supervised by employees of the federally funded, "Youth, Parents & Chemicals" Program, with assistance from Colin Campbell, the Public Relations Coordinator for Queens County.

The total number of participants at the four ten-session series, including the Family Orientation and the Young Children of Alcoholics Program, was 2,520. Of these there were 1,440 adults and 1,080 children.

The average attendance at the Monday Night Program was 36 adults and 27 children, for an average total attendance of 63 each week during these sessions.

The total number of individual consultations engaged in by the Family Therapist continued to increase. During this year there were 750 individual consultations, for an average of approximately 63 per month.

The total number of family members served, including individual appointments and phone calls, numbered 1,788.

This caseload is quite obviously more than one person can adequately handle, and Queens County Addiction Services requires at least one assistant Family Therapist to assist in this portion of the program.

Also during the year an aftercare program was developed for persons desiring this service after they had completed the ten-week Orientation Program. This aftercare group was operated in a similar manner to the aftercare groups for chemically dependent persons, and attendance at these groups on a weekly basis was 8 to 10 persons. It is probable that the numbers of persons involved in this segment of the program will increase.

STATISTICAL SUMMARY

Total Number of Family Orientation Sessions	40
Total Number Attending Family Orientation Sessions	2,520
Total Number of Adults Attending Family Orientation Sessions	1,440
Total Number of Children Attending Concurrent Children of Alcoholics Program	1,080
Average Attendance, Monday Night Family Program -	
(a) Adults	36
(b) Children	27
Total Number Individual Consultations	750
Total Number of Family Members Served	1,788
Average Number in Family Aftercare Sessions, Adults	8

ADOLESCENT TREATMENT PROGRAM

During the year 1984-85 an Adolescent Treatment Program was developed for persons 18 years of age or under who were believed to have a problem with their use of alcohol or other drugs. The program was under the direction of Colin Campbell, the Public Relations and Community Development Coordinator for Queens County, who was assisted by employees of the federally funded "Youth, Parents & Chemicals" program. Referrals to this program were through Social Services, Mental Health, school Guidance Counsellors, and parents. During this year the number of individuals referred to this program was 43, of which 34 were male and 9 were female. There were 96 sessions presented.

The program developed for adolescents consists of sessions of two hours each, twice weekly for four weeks. Following completion of this program an aftercare program for adolescents is presented in a similar manner as for adults, namely one weekly group therapy session for a period of six months.

Portions of this program were presented and monitored by employees of the federally funded "Youth, Parents & Chemicals" program. This program will terminate as of August 31, 1985, and during the coming year some reorganization will be necessary in the system in order to provide for the continuance of this Adolescent Treatment Program, which is a necessary component of our programs. The need is present in the community and we feel obliged to provide the service.

Adolescents 16 years of age and over who could not respond to a non-residential program were referred to the Residential Rehabilitation program and then followed in the adolescent aftercare after completion of that program.

STATISTICAL SUMMARY

Total Number in Adolescent Treatment Program (Males - 34 Females - 9)	43
Number of Sessions Presented in Program	96
Total Attendance at Program	483
Average Number in Attendance at Aftercare Sessions	8
Number of Individual Consultations	650

CHILDREN OF ALCOHOLICS PROGRAM

The Children of Alcoholics Program, which was started during the year 1984-85 and directed by Colin Campbell and the staff of "Youth, Parents, & Chemicals" was essentially divided into two segments by age.

(1) Children of Alcoholics age 7 to 13 were provided with a once weekly program on Monday night in conjunction with the Family Orientation Program, and generally came with their parent.

This program has previously been noted under the Non-Residential Family Programs. During the year there were 192 different children of alcoholics who engaged in this segment of the program, with the average weekly attendance being 27. This program lasted for two hours and consisted of both recreational and informational components.

(2) Adolescent Children of Alcoholics - age 13 to 18. A separate program was developed for this group who are experiencing different needs from those of the younger age group. This group met on a once weekly basis in the late afternoon and was essentially open-ended (no fixed time limit). This program was only begun towards the end of this fiscal year and there were 9 individual participants in the 9 sessions which were presented. There was a preponderance of females in this group, namely 8 to 1. This segment of the program requires expansion.

The staff of the Alcohol and Drug Problems Institute was also instrumental in developing a group for adult children of alcoholics which, being considered another of the community self-help groups, eventually developed a group which met in the community on a twice weekly basis. This group essentially utilized the format of Alcoholics Anonymous and Alanon meetings.

Participants in the Children of Alcoholics Programs which were presented at the Institute were referred also to the Alateen program in the community.

STATISTICAL SUMMARY

Children of Alcoholics - Age 7 to 13	
Number of Participants - Male	92
- Female	100
Adolescent Children of Alcoholics	
Number of Participants - Male	1
- Female	8
Number of Sessions Presented	
Children of Alcoholics - Age 7 to 13	45
Total Attendance	
Children of Alcoholics - Age 7 to 13	1,080
Number of Sessions Presented	
Children of Alcoholics - Age 13 to 18	9
Total Attendance	
Children of Alcoholics - Age 13 to 18	61

PARENTS' PROGRAM

There was one Parents' Program presented during the year 1984-85. This program is for the purpose of providing parents of children who are having difficulty with the use of drugs, mostly Cannabis, an opportunity to understand more about this problem. It was presented under the "Youth, Parents & Chemicals" program and was monitored by the employees of this program.

The program itself consisted of eight two-hour sessions on a weekly basis, and included not only information about Marijuana and other drugs, but also parenting in general, the psychology of adolescents, and effective communication techniques between parents and teenage children. The staff of the Institute plus community resources were utilized to present these sessions. There were 41 parents who participated in this activity.

Since this seemed to be an excellent informational medium for parents and was well accepted over the three years that it was presented, it is hoped that it can be incorporated in our program and presented at least once during the coming year.

STATISTICAL SUMMARY

Number of Sessions Presented	8
Number of Parents Attending	41

AFTERCARE PROGRAM

The Aftercare Programs are described as Phase III in our treatment program, with Phase II being the Rehabilitation and Educational Programs presented. This Phase III, or Aftercare, is available and recommended to: (a) all persons who have completed either the Residential or Non-Residential Rehabilitation Program; (b) All those who have completed the Adolescent Treatment Program, and (c) Selected persons who have attended the Family Orientation Program. The length of stay in Phase III is recommended to be six months on a weekly basis, but this may be extended under certain circumstances or on the request of certain community resources.

(a) Aftercare groups for chemically dependent persons - the number of aftercare groups in this segment of the program was 9 for the year 1984-85, including 2 groups at the Halfway House. The leaders of the groups continue to be persons who are recovering alcoholics and who had developed stability in their own lives. Despite a few changes in the group leaders, all were found to be effective. There was continued communication between the leaders of these groups and the Phase II Addiction Therapists, and a monthly meeting was held at which time administrative and other problems were discussed between the group leaders and the Therapists.

The average number of persons attending each session was approximately 12, with the number of persons during the year engaging in an adequate number of these aftercare groups for a six-month period being 260.

It should be noted that a significant number of those attending the chemical dependency aftercare groups were on a mandatory basis, including employer clients, Highway Safety Division clients, and those on parole.

(b) As noted under the Adolescent Treatment Program, there were 43 persons from this program who engaged in the aftercare program during the year.

(c) Spouses' Aftercare Group - There were approximately 17 persons who engaged in this group during the year, with an average attendance in each group of 8.

STATISTICAL SUMMARY

(a)

Number of Aftercare Groups	9
Number of Aftercare Sessions	446
Average Number in Attendance at Aftercare Sessions	12
Total Number of Persons Served	428
Number Completing Aftercare Program	260

STATISTICAL SUMMARY

(b)

Number of Aftercare Groups	1
Number of Aftercare Sessions	28
Average Number in Attendance at Aftercare Sessions	8
Total Number of Persons Served	43

STATISTICAL SUMMARY

(c)

Number of Aftercare Groups	1
Number of Aftercare Sessions	17
Average Number in Attendance at Aftercare Sessions	8
Total Number of Persons Served	17

PAROLE PROGRAM

A program was developed during the year for those persons referred from the Federal Justice System under Parole. These persons may be either from Sleepy Hollow Correctional Centre, Dorchester Penitentiary, or Springhill Penitentiary. The program recommended for those on parole was to spend three weeks in the Residential Rehabilitation Program at the Alcoholism Treatment Centre, followed by two months at the Queens County Halfway House. This program was considered quite successful in that the majority of the persons who entered the program through this system completed the approximately three month program without difficulty.

Should the parolee fail to conform to the regulations of the programs at the Treatment Centre or Halfway House, or should they engage in the use of alcohol or other drugs, they are considered to have broken parole. The circumstances are considered and the person is either returned to the Detoxification Unit for a short time or returned to their respective correctional institution.

During the coming year of 1985-86, a specific aftercare group exclusively for parolees will be instituted at the Halfway House, and we propose to add to the conditions of the parole that the person attend a weekly session for a period of six months after leaving the Halfway House.

STATISTICAL SUMMARY

Number Persons Completed Program	33

IMPAIRED DRIVER PROGRAM

Beginning in January 1985 a program was developed in conjunction with the Highway Safety Division to provide assessment of persons who had three or more impaired driving convictions. Following these assessments the vast majority of these persons were referred to either a Residential or a Non-Residential Rehabilitation Program. The majority chose to engage in the Non-Residential Program. Following completion of either of these programs, the person was then re-assessed by the staff and once again in the majority of cases a six-month aftercare program similar to our regular aftercare program was recommended. These persons were integrated into a total aftercare program and there was no specific group instituted for them since the only difference between them and the other chemically dependent or alcoholic persons was their impaired driving convictions.

Forty-six persons were referred for assessment and a treatment program from January 1, 1985 to March 31, 1985. All of those for whom a three-week rehabilitation program was recommended and accepted, completed the course.

Reports were forwarded to the Highway Safety Division regarding the initial assessment, the fact that the person had begun the program, and the fact that they had completed a three-week Rehabilitation program. A monthly report on their progress in aftercare was also sent to the Highway Safety Division. It is anticipated that this segment of our program will expand considerably during the coming year and we will require additional assistance in order to fulfil the needs of the Highway Safety Division and their referrals.

PUBLIC RELATIONS AND INFORMATION PROGRAM

This program in Queens County was under the direction of the Community Development Coordinator in 1984-85 and there was a marked increase in the activities of this person as compared to the previous year. Heather MacPherson, who had been the Coordinator for Queens County, became the Coordinator for the Central Office and Colin Campbell was appointed Coordinator for Queens County. As noted previously, in addition to his duties in the educational area, he also supervised the Federal project "Youth, Parents and Chemicals," which included Adolescent Treatment Programs, Children of Alcoholics Program, and Parents' Program. These programs have been previously described.

There was a change in the material presented to the Grade VI students throughout Queens County and to the Grade VII students in the junior high schools of the Charlottetown area. It was decided that the focus of the presentations should be alcoholism and addiction as it relates to young people, whether they were afflicted with the disorder themselves or affected by the chemical dependency of a parent. It was believed that the health teachers in the schools were providing sufficient information on the general topic of alcohol and various other drugs.

Informational services were also provided to various community and professional groups in the Queens County area, in many cases in co-operation with the Coordinator of the Central Office. These groups included various community organizations, service clubs, professional groups such as nursing students, L.N.A.'s, Social Service Workers, and various Justice Departments including several sessions at the Police Academy. The emphasis with community groups continued to be on youth and their problems with alcohol and various chemicals.

In-service training sessions were provided to the staff by a two-day workshop in January 1985 by Gary Bowman of the Johnson Institute in Minneapolis, Minnesota on "Intervention in Chemical Dependency." There were also growth sessions provided for the staff of the three Counties by Jack Blanchard of Student Services, University of Prince Edward Island. These mainly focussed on personal development and were of great value to the staff. Hopefully, they will be repeated during the coming year.

In addition to these activities, Colin Campbell of our staff was instrumental in the development of a group, "Turning Point," for men who batter their wives. The majority of persons entering this group were found to be alcoholics who had been in our system and many referrals were made from our program.

The number of additional programs presented under the umbrella of this Department were mentioned previously under the Adolescent Treatment Program, the Children of Alcoholics Program, and the parents' Program.

STATISTICAL SUMMARY

Total Sessions - Grade VI & VII Students	63
Total Attendance	2,658
Mature Students (including senior high schools)	
No. Sessions	5
Total Attendance	209
Community Groups	
No. Sessions	13
Total Attendance	434
Service Clubs	
No. Sessions	4
Total Attendance	248
Professional Groups	
No. Sessions	9
Total Attendance	125
Kids & Drugs Program	
No. Sessions	16
Total Attendance	472

SLEEPY HOLLOW CORRECTIONAL CENTRE PROGRAM

During the year 1984-85 a program was instituted at Sleepy Hollow Correctional Centre under the "Youth, Parents, and Chemicals" Program. This informational and group therapy program consisted of four sessions which were presented on a weekly basis to selected inmates at Sleepy Hollow Correctional Centre. The objective of the program was to provide the inmates with information about alcohol and drugs and their consequences to themselves, and to attempt to develop some identification with chemical problems and motivation towards further treatment. These sessions lasted approximately two hours each and were conducted by an employee of the Alcohol and Drug Problems Institute.

There were four of these series presented during the year 1984-85, but because of lack of staff to present these programs, they were discontinued in January of 1985.

An additional benefit of this program within Sleepy Hollow Correctional Centre was the assessment of inmates who were believed by the staff of the Correctional Centre to exhibit signs of serious chemical dependency by the person presenting the four session series. Two or three persons were assessed by the presenter during each of these visits to the Correctional Centre, with a total of 62 persons being assessed regarding the possibility of further treatment. The treatment generally recommended was a Residential program, either under the previously mentioned Parole Program or under Probation Services.

PRINCE COUNTY ADDICTION SERVICES INC.

216 Schurman Avenue,
Summerside, P.E.I.,
C1N 4W6

TELEPHONE: 436-4201

BOARD OF DIRECTORS
PRINCE COUNTY ADDICTION SERVICES INC.
APRIL 1, 1984 - MARCH 31, 1985

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Mrs. Pauline Deighan

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MANAGEMENT PERSONNEL

Mrs. Betty Campbell	Prince County Director
Mrs. Amy Gaudet	Nursing Supervisor, Primary Care Unit
Mr. Peter McCloskey	Rehabilitation Supervisor (Resigned July, 1984)
Mr. Michael Fitzpatrick	Rehabilitation Supervisor (Commenced September, 1984)
Dr. Sheldon R. Cameron	Medical Consultant

PRIMARY CARE (DETOXIFICATION) PROGRAM

The Primary Care Unit continues to function out of the basement of the Prince County Hospital Nurses Residence. There were no major changes in the operation of the unit during this reporting period. Its main objectives are still to provide safe medically supervised detoxification from all mood-altering chemicals, instruction of clients as to the nature of their addiction and motivation to further treatment.

The majority of admissions were self or family referrals. Involuntary admissions such as those referred by employers, the Justice system or committed under the Mental Health Act continued to increase.

Of note is the fact that the occupancy rate increased by 7 per cent over the previous reporting period. There was also an appreciable increase in the average length of stay which is desirable from a therapeutic point of view.

This unit is a very busy one and the trend in recent years indicates that the demand for service will continue to increase in the future. During peak periods the bed capacity has been inadequate, necessitating that some clients must wait as long as two or three days for admission. In the case of clients who are very ill, arrangements are often made for their admission to a hospital until a bed in the unit becomes available. This is a very unsatisfactory arrangement both therapeutically and from a financial point of view.

One of the factors influencing the increasing demand for detox. beds is the fact that the agency has no provision for residential intermediate care. Those clients who require residential accommodation while taking the Intermediate Care (Rehabilitation) program are currently housed in the Detox. Unit or st. Eleanor's House, the Extended Care Unit.

However, despite the congestion, the Primary Care Unit functions efficiently due in large part to the efforts of its staff.

STATISTICAL SUMMARY

Total Number of Admissions	733
Total Number of Male Admissions	658
Total Number of Female Admissions	75
Total Number of Individuals Admitted	437
Total Number of New Clients	155
Average Age - Male	41 years
Average Age - Female	41 years
Average Length of Stay - Male	8 days
Average Length of Stay - Female	11 days
Occupancy Rate	88%

DETOX. VOLUNTEER FOLLOW-UP PROGRAM

This program is conducted by a group of volunteers composed of people who are recovering from chemical dependency. It operates under the direction of the Detox. Nursing Supervisor and a volunteer Coordinator. There are approximately ninety volunteers involved in the program. Its objectives are:

(1) To provide an ongoing community support system for clients both during treatment and following discharge.

(2) To assist the Agency's follow-up services.

(3) To utilize valuable community volunteer workers.

(4) To strengthen communication and maintain rapport between the Agency, the program of Alcoholics Anonymous and the general public.

The program operates according to a rotating monthly schedule set up by the Coordinator. Teams of two volunteers visit the Detox. Unit twice a week to interview those clients who have given written consent to see them. During the visit, the client is encouraged to choose a contact from his or her own community for additional support and introduction to a local A.A. group when he/she returns home. The contact is immediately established by telephone and the contact's name and telephone number recorded on the client's file for future reference.

This program has been in operation for several years and has proven to be a valuable asset to both the Agency and its clients. Its success is due to the continuing dedication of the Coordinator and the many volunteers.

STATISTICAL SUMMARY

Total Number of Contacts Made	246
Summerside and Area	102
East Prince	48
West Prince	85
Outside Prince County	11

INTERMEDIATE CARE (REHABILTATION) PROGRAM

The Intermediate Care Program provides the second phase of treatment for chemical dependency. The main requirement for admission to the program is that the client must be adequately detoxed from all mood-altering chemicals.

The program is of three week duration and may be taken as a resident or day case dependent on the decision of the admissions staff. This decision is based on several factors such as the availability of transportation, the stability of the home environment, the severity of the dependence and the clients' motivation to remain abstinent during treatment. The treatment regime is identical for residential and non-residential clients as they are intermingled in the same therapy group. Residential clients are housed in either the Primary Care Unit or the Extended Care Facility, St. Eleanor's House.

In a closed, small (maximum twelve members) group setting the nature of chemical dependency is explored in depth. The negative effects on the physical, emotional, social and spiritual well being of the individual are emphasized. Guidelines to successful recovery are suggested and effective living without the use of mood-altering chemicals is promoted. Various techniques employed include lectures, video tapes, group discussion and guest speakers.

During the program clients are encouraged to view the group as their main support system and to maintain contact with group members after completion of the program. This is promoted in recognition of the fact that the group as a whole can be more effective in this capacity than individual counsellors. It also avoids the situation of clients becoming overly dependent on the counselling staff.

Emphasis is placed on Aftercare as a critical component of the overall recovery process. Upon completion of the Intermediate Care Program, participants are referred to the third treatment phase which is attendance at a weekly Aftercare group for a one-year period. It is also recommended that they attend a minimum of three A.A. meetings a week.

Repeat admissions to the Intermediate Care Program are not made for a minimum of one year and then only at the discretion of staff. In the event of a return to chemical use, clients are referred to the Primary Care Unit and encouraged to resume their Aftercare recommendations following detoxification.

STATISTICAL SUMMARY

Total Number of Admissions	171
Total Number of Individuals	171
Number of New Admissions	140 (82%)
Number of Male Admissions	147 (86%)
Number of Female Admissions	24 (14%)
Average Age - Male	36 years
Average Age - Female	36 years
Percentage of Residential Admissions	54%
Percentage of Non-Residential Admissions	46%

AFTERCARE PROGRAM

Following completion of the Intermediate Care Program, clients are enrolled in a structured Aftercare program. They are strongly encouraged to attend and complete this third phase as it is considered the final component of the complete treatment process. It is designed to assist the client to maintain long-term abstinence and reinforce the life-style changes promoted during the earlier treatment phases.

During this reporting period the structure of the Aftercare Program was expanded and changed somewhat. The two large groups were sub-divided into five small groups of twelve. This was done to provide the opportunity for more individualized attention to the problems experienced during this critical recovery period so that attendance would hopefully increase with the ultimate aim of minimizing the incidence of relapse.

These small groups met weekly under the guidance of a group leader. Although the groups were originally led by staff members they are gradually being replaced by individuals from the community who have experienced chemical dependency themselves and have acquired stability in their personal recovery.

This is being done in order to make more efficient use of staff time and utilize the expertise available in the community. It is intended to increase the number of groups as necessary to deal with the expected increase in attendance.

As they complete the Intermediate Care Phase, clients are assigned to one of these groups with the recommendation that they attend for a period of one year.

To date these changes to the program appear to be effective in increasing consistent attendance.

STATISTICAL SUMMARY

Total Number of Groups (As of November, 1984)	5
Total Number of Group Sessions	159
Average Group Size	12
Total Number of Individuals	184

FAMILY CARE

In recognition of the fact that chemical dependency deeply affects the family and that the family can influence the progression of the disease as well as the prognosis for recovery, the Agency sponsors various family services.

A "Family Information Program" consisting of one session weekly for eight weeks is conducted by the Family Counsellor at the Addiction Centre in Summerside. This program was previously of seven weeks duration but was expanded to eight weeks during this year to accommodate a request from clients for additional information. The program is open ended and recycles every eight weeks. Although especially intended for family members of clients in treatment, it is open to any relatives and friends of a chemically dependent person regardless of whether or not the person has been exposed to treatment. Two general topics - "Addictions" and "Family Recovery" are dealt with during the eight weeks by means of films, lectures and group discussions.

In response to a need for family services in the West Prince area, one complete cycle of the Family Information Program has been conducted in the fall for the past two years in the Westisle Composite School. It is intended to repeat the program again this coming fall and if attendance warrants, it will be repeated annually.

In addition to the Information Program, the Family Counsellor attempts to contact the family of every client admitted to each facility or treatment program of the Agency. Individual counselling is offered to those who are considered to be in need of it.

Referrals are made to self-help groups such as Alanon and Alateen. Referrals are also made to other agencies such as Mental Health clinics, Social Services, legal services, Anderson House etc.

Small group sessions are also conducted weekly in both Primary and Intermediate Care Programs on the Family Effects of Addiction by the Family Counsellor.

The Family Counsellor also accepts referrals directly from the community such as physicians, lawyers, other agencies, as well as self referrals.

STATISTICAL SUMMARY

Total Number of Individuals Served	574
Total Number of Office Consultations	414
Total Number of Large Group Sessions	48
Average Group Size	22
Total Number of Small Group Sessions	96
Average Group Size	11

WEST PRINCE FAMILY INFORMATION PROGRAM

Number of Group Sessions	7
Average Group Attendance	13
Total Number of Individuals	37

WEST PRINCE COUNSELLING SERVICE

A community addictions counselling resource is provided in the western area of Prince County. Staffed by one full-time counsellor with a back-up from other staff of the Agency and a large complement of volunteers, this service provided assessment, counselling, referral and follow-up counselling for residents of West Prince.

The Counsellor has office hours in the Western Hospital, Alberton two mornings a week and in the Regional Services Centre, O'Leary two mornings a week. A great deal of his time is spent making home visits as clients in rural areas appear to be more sensitive to public scrutiny when seeking assistance with chemical dependency and thus are reluctant to make office visits.

The Counsellor conducts group sessions weekly in the Primary Care Unit to familiarize clients from West Prince with his services.

With the expansion of the Aftercare during this reporting period, a second Aftercare group was established in the West Prince area in February of this year. These two groups are composed of residents of West Prince who have completed the Intermediate Care Program. One group is located in Alberton and the other in Tignish. They meet weekly and are conducted along the same guidelines as the Aftercare groups in other areas of the County.

STATISTICAL SUMMARY

Total Number of Individuals Served	198
Total Number of Home Visits	544
Total Number of Office Visits	48
Total Number of Detox./Hospital Visits	138
Total Number of Group Sessions	48

EXTENDED CARE

The Extended Care facility "St. Eleanor's House" continued to function in much the same manner as in previous years. An increasing number of referrals were made through the Justice system, the majority of which were from Correctional Services of Canada.

The house accommodates ten men and provides a home-like environment for those who require extended support after initial treatment of chemical dependency.

As staffing is minimal in this facility, residents are responsible for housekeeping, laundry, maintenance, gardening and groundskeeping duties. These duties are assigned on a weekly schedule and each resident is responsible to carry out his assigned tasks.

The house program is aimed at reinforcing the guidelines to recovery introduced during earlier treatment phases by daily exposure to films, group discussions and A.A. meetings. The house rules and work therapy are some of the methods used to assist residents in adopting more appropriate lifestyles. Referrals are made to Canada Employment and Immigration as well as other agencies for programs such as upgrading educational levels, Work Adjustment Training and other similar projects. Eventually residents are encouraged to seek employment and regain family ties where possible and thus prepare for a stable re-entry to the community.

STATISTICAL SUMMARY

Total Number of Admissions	77
Total Number of Individuals	70
Number of New Admissions	50
Average Age	36 years
Average Length of Stay	63 days
Occupancy Rate	86%

NON-RESIDENTIAL SERVICES

In addition to the structured treatment programs, the Agency provides various non-residential services such as assessment and intervention interviews, individual counselling, follow-up counselling, Antabuse administration and drug screening. An increasing number of referrals for assessment services are being made from such areas as the Department of Social Services, Highway Safety Division and various employers. These services are mainly provided by the counselling and nursing staff.

STATISTICAL SUMMARY

Total Number of Individuals Seen	594
Total Number of Telephone Consultations	915
Total Number of Office Consultations	1,012
Total Number of Visits Outside the Agency	89

COMMUNITY DEVELOPMENT SERVICES

This program complements the treatment services of the Agency in attempting to reduce alcohol and other drug problems in the community.

Under the direction of a Community Development Coordinator, many approaches are used in raising public awareness of issues related to chemical dependency. Focusing mainly on youth, the majority of the Coordinator's time is spent in conducting sessions in schools and other youth groups as well as working with parent groups. Information sessions were also presented to other community and professional groups.

Through media use, public displays and the maintenance of a resource library, a great deal of information was disseminated to the general public.

The Coordinator also serves on a provincial committee to develop and coordinate provincial projects such as Drug Awareness Week.

STATISTICAL SUMMARY

	School	Parent	Community	Other	Total
Number of Sessions	57	7	48	45	157
Average Group Size	48	40	55	35	47

Miscellaneous Activities - Displays	39
- Meetings	83
- Media Activities	34
- Professional Development	18
- Other	12

Breakdown of School Classroom Sessions	# Sessions	# Students
Grade 3	2	26
Grade 5	4	74
Grade 6	8	225
Grade 7	5	125
Grade 8	4	150
Grade 9	11	299
Grade 10	6	161
Grade 11	8	300
Grade 12	9	329
Total	57	1,689

ADDICTION SERVICES

CHARLOTTETOWN, P.E.I.

FINANCIAL STATEMENTS

MARCH 31, 1985

AUDITORS' REPORT

Central Advisory Board of Addiction Services

We have examined the balance sheet of Addiction Services as at March 31, 1985 and the statement of revenue and expenditure for the year then ended. Our examination was made in accordance with generally accepted auditing standards, and accordingly included such tests and other procedures as we considered necessary in the circumstances.

In our opinion these financial statements present fairly the financial position of the corporation as at March 31, 1985 and the results of its operations for the year then ended in accordance with generally accepted governmental accounting principles applied on a basis consistent with that of the preceding year.

Charlottetown
Prince Edward Island

November 12, 1985

Doane Raymond
Chartered Accountants

ADDICTION SERVICES

BALANCE SHEET

MARCH 31, 1985

ASSETS	1985	1984
Current		
Cash	$ 18,270	$ 16,442
Receivables	54	1,250
Prepaid expenses	688	688
	19,012	18,380
Land, buildings, and equipment (Note 2)	233,242	295,318
	$252,254	$313,698
LIABILITIES		
Current		
Payables and accruals	$ 871	$ 837
Long term debt payable within one year	2,100	1,200
	2,971	2,037
Payable to the Province of Prince Edward Island	16,241	20,663
Long term (Note 3)	233,042	290,998
	$252,254	$313,698

ON BEHALF OF THE BOARD

.....Director

.....Director

ADDICTION SERVICES

STATEMENT OF REVENUE AND EXPENDITURES

YEAR ENDED MARCH 31, 1985

	1985	1984
Revenue		
Grant - Province of Prince Edward Island	$2,699,684	$2,851,020
Patient fees	21,309	13,308
	2,720,993	2,864,328
Expenditure		
Direct (page 5)		
Detoxification	1,627,107	1,623,374
Rehabilitation	598,670	611,023
Short term care	331,636	390,890
Long term care	6,630	51,481
	2,564,043	2,676,768
Central office and administration		
Administration	2,378	4,163
Equipment	518	511
Materials and supplies	7,226	6,475
Professional fees	13,026	11,944
Salaries and benefits	111,621	135,355
Travel	5,293	6,283
	140,062	164,731
	2,704,105	2,841,499
Excess of revenue over expenditure	$ 16,888	$ 22,829

ADDICTION SERVICES

NOTES TO FINANCIAL STATEMENTS

MARCH 31, 1985

1. Accounting policies

(a) Financial statement reporting

These financial statements include the accounts of Addiction Residences Inc. which was incorporated as a non-profit organization in June, 1977 and which is fully funded through Addiction Services.

As of October, 1980 the services administered by the Addiction Foundation of Prince Edward Island were contracted out to three individual county boards. The accounts are recorded on a combined basis for the province and administered by a central board under the name of Addiction Services. However, the counties are charged with related expenditures and are budgeted accordingly.

(b) Depreciation

The charge for annual depreciation is equal to the principal reduction of the mortgages on the respective properties for the year.

(c) Furniture and equipment

Furniture and equipment are carried at a nominal value of $1. Purchases of equipment are treated as expenditure in the year they occur.

(d) Profit or loss

The excess of revenue over expenditure for the year is transferred to the Province of Prince Edward Island according to the accounting treatment policy of the Provincial Treasury Board.

ADDICTION SERVICES

NOTES TO FINANCIAL STATEMENTS

MARCH 31, 1985

2. Land and buildings

	1985			1984
	Cost	Accumulated Depreciation	Net Book Value	Net Book Value
Land				
Fredericton Farm	$ 4,335		$ 4,335	$ 14,335
McQuaid	30,000		30,000	30,000
Kings County Detox Centre	10,300		10,300	10,300
Buildings				
Georgetown	19,000	$ 7,035	11,965	12,525
Fredericton Farm	34,853	2,096	32,757	83,375
McQuaid	104,633	3,071	101,562	102,258
Kings County Detox Centre	43,308	986	42,322	42,524
Equipment	1		1	1
	$246,430	$ 13,188	$233,242	$295,318

3. Long term debt

	1985	1984
11% mortgage due 2014 repayable in equal monthly installments of principal and interest, providing McQuaid property as security.	$132,943	$133,639
13 1/2% mortgage due September 1, 1985 amortized to 2014, monthly installments of principal and interest, providing Fredericton Farm as security.	39,688	95,286
9 5/8% mortgage due 2019 repayable in equal monthly installments of principal and interest, providing Kings County Detox Centre as security.	51,664	51,865
15 1/2% mortgage due 1987, amortized to 1994, repayable in equal monthly installments of principal and interest providing Georgetown property as security.	10,847	11,408
	235,142	292,198
Amount payable within one year	2,100	1,200
	$233,042	$290,998

ADDICTION SERVICES

DIRECT EXPENDITURE

YEAR ENDED MARCH 31, 1985

	1985				1984
	Queens County	Prince County	Kings County	Total	Total
Detoxification					
Administration	$ 49,086	$ 32,094	$ 23,508	$ 104,688	$ 104,173
Equipment	1,996	6,605	2,859	11,460	5,578
Materials and supplies	136,613	105,625	52,819	295,057	283,556
Professional services	12,208	10,318	2,845	25,371	43,411
Salaries and benefits	517,471	314,929	321,437	1,153,837	1,157,829
Travel	13,216	13,768	9,710	36,694	28,827
	730,590	483,339	413,178	1,627,107	1,623,374
Rehabilitation					
Salaries and benefits	287,426	197,528	113,716	598,670	611,023
Short term care					
Administration	6,265	6,932	4,994	18,191	14,281
Equipment	1,029	2,679	851	4,559	259
Interest					1,920
Materials and supplies	36,633	27,224	20,550	84,407	89,652
Professional services	276	950	555	1,781	1,470
Salaries and benefits	116,047	47,091	59,560	222,698	283,308
	160,250	84,876	86,510	331,636	390,890
Long term care					
Administration	6,630			6,630	9,443
Materials and supplies					8,098
Salaries					33,940
	6,630			6,630	51,481
	$1,184,896	$765,743	$613,404	$2,564,043	$2,676,768